

February 2020

Volume 59 Number 7

Celebrating 59 years!

District 28

SAN LUIS REY SAIL AND POWER SQUADRON

A Unit of the United States Power Squadrons®
Come for the Boating Education...Stay for the Friends™

Sail and Power Boating

OF

Oceanside, California

OFFICIAL PUBLICATION

FEBRUARY 2020

DISTRICT 28 CHANGE OF WATCH

**SATURDAY
FEBRUARY 29, 2020**

**9:00 A.M. START
6:00 P.M. DINNER**

**SOUTHWESTERN YACHT
CLUB, SAN DIEGO, CA.**

SEE THE "LEAD LINE"
FOR MORE INFO
[CLICK HERE](#)

SLRSPS BRIDGE 2020

1st/Lt Janis Siems, Lt/C Jennifer Goit,
1st/Lt Dan Rancourt, Lt/C Chris Peavey,
Lt/C Jan Follestad, Lt/C Shawn Goit,
Lt/C Jim Weaver and Cdr Kirk Lippert



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2020

4 MONTH CALENDAR

February

- 3 1830 Ex. Com Meeting—Host Jan Follestad Club House
- 9-16 USPS Annual Meeting—Marriott Sawgrass Ponte Verde, FL
- 28-29 **D28 Spring Conference & Change of Watch—Hosted by SDSPS. Location: Southwestern Yacht Club. Progressive Boat Dinner & Dessert Friday evening.**

March

- 2 1830 Ex. Com Meeting — Organizer Shawn Goit at The Jolly Roger
- 18 **SLRSPS All Member & Guest Potluck Dinner**

April

- 6 1830 Ex. Com Meeting—Host Sandra & Kirk Lippert
- 10 **1800 Beach Sundowner - Marina Inn Suites Lot**

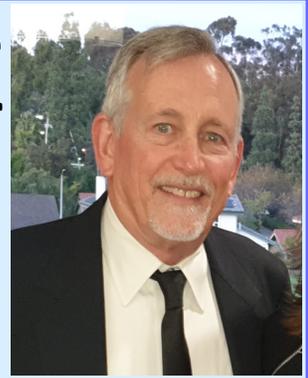
May

- 4 1830 Ex. Com Meeting—Host Nancy & Chris Peavey
- 13 **All Member & Guest Potluck—Oceanside Yacht Club**
- 16-22 USPS National Safe Boating Week.

Watch for our 60th Anniversary Spectacular to be announced soon!

SAVE THE DATES

A Note From the Commander



This is my first newsletter submission as commander of the San Luis Rey Sail & Power Squadron, and I feel very honored to hold the position.

For those who were unable to attend our **Change of Watch** it was held **Saturday January 18, 2020** at the **Shadowridge Country Club**. The event went very well in a large part to 1st/Lt **Jill Powell AP** and Lt **Nancy Kangas AP**. Jill always has some sort of surprise at our events and this time we all found a short piece of rope on our place setting. The surprise came later when Nancy announced we were all to tie a bowline and the first one finished was the winner. Congratulations to **Janis Siems** for being the first to complete the challenge and win the competition.



D/C D28 **Shawn Goit JN-ON** had the task of swearing me in and lucky for me he kept the sentences short so I could repeat them correctly. The privilege was mine to swear in the remainder of the bridge.

I'm fortunate to be part of a bridge with a great amount of experience. Joining me in 2020 as Executive Officer is Lt/C **Jim Weaver**. Administrative Officer is D/C D28 **Shawn Goit JN-ON** assisted by 1st/Lt **Richele Daciolas-Semon AP**. Continuing as Treasurer is P/C **Chris Peavey N-IN** and Assistant Treasurer P/C **Dan Rancourt AP**. The new Education Officer is P/D/C **Jan Follestad SN-CN** and the Assistant Education Officer is 1st/Lt **Janis Siems AP**. Volunteering for Secretary is Lt/C **Jennifer Goit, AP**.

Continued on Page 11

HAPPY BIRTHDAY FEBRUARY FOLKS



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WELCOME

GREGORY GUYANTE

DARRYEL SIMMONS

Photos provided by Pam Orisek and Jill Powell. If you would like to see more photos please make sure you send them to the Editor prior to the 25th of each month.

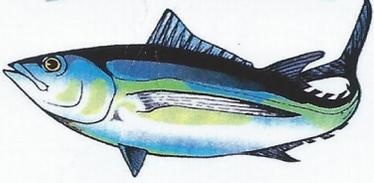


HARBOR FISH & CHIPS

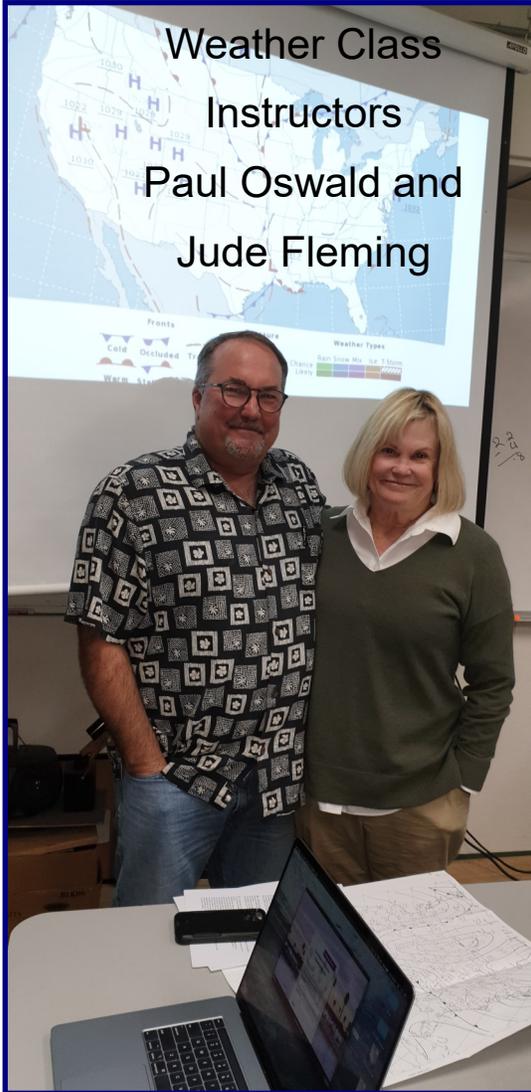
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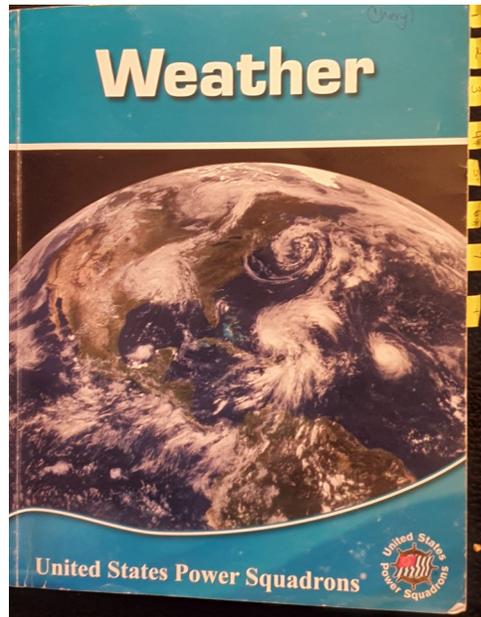


WEATHER CLASS 2020



Students being addressed by Adriaan Veldhuisen on first night.

Photo from left: Paul Oswald, Jan Follestad, Elliott Keyes, Jill Powell, Nancy Kangas, Chris Peavey, Kirk Lippert, Robert Kalahiki, Jerry McArde, Jessi Nieto, Michael Dell, Richard Pacell and Greg Guyante.



Jill Powell and Monte Yearley



Nancy Kangas interviews Monte Yearley for 60th Anniversary video

S.E.O. EDUCATION UPDATE



The **San Luis Rey Sail & Power Squadron** has elected its officers for 2020. I am your new **Educational Officer**.

I have been in boating all my life owning two sailboats, a Balboa 27' and a 33' Nantucket "**White Rose**".

Both boats gave me lots of sailing experience in the **San Francisco Bay** and out along the coast south to **Monterey** and north to **Drakes Bay**. The weather at both destinations is much cooler than here in **Oceanside**. A boater must learn how to *layer up* and use a *life vest*. **SAFETY FIRST**.

I also have had three powerboats, the last one was a 24' Bayliner. This one I trailered up to **Bodega Bay**, launched at the ramp, and drove it up to the **Russian River** or ten miles out to the **Weather Buoy**. This was a great place to catch big salmon. We often had changing weather patterns in the afternoons and small craft warnings were a part of the training to get back to Bodega Bay. Boat handling and how to safely maneuver in the 10-12' waves needed to be learned. Entering Bodega Bay is very tricky.

I took all the classes offered by the **Marin Sail & Power Squadron** and soon was involved in teaching.

Arriving in **Oceanside** I helped **R.D Walker** as assistant educational officer until he retired. We had a good working relationship. He gave

me insight into the boating conditions in Southern California.

Later, I became the Educational Officer for a few years until I made my land cruise to see the USA over a two-year period. And now I am tasked with the responsibilities of the Educational Officer.

<https://americasboatingcluboceaside.org/> to register

on-line for classes and seminars or contact

Lt/C Jan Follestad, SN

at follestad71@gmail.com

or

1/Lt Janis Siems, AP

at janis@kamtel.net

for registration and information about the educational opportunities available for you.

Lt/C Jan Follestad, SN-CN



SENIORS FREE at the SAN DIEGO ZOO SAFARI PARK

Throughout the entire month of **February**, adults 65 years and older* are invited to enjoy the **Safari Park** for **FREE**. Marvel at the peppy platypuses (*platypi*), let your soul soar as you watch a free-flight bird show, explore the unique gardens, and experience an amazing variety of animals roaming vast habitats. See a cheetah run at top speed, watch the elephant herd raising energetic youngsters, and discover how everyone can help animals. Bring friends and family—there's something for everyone!

*Guests must present their valid photo ID at any Safari Park ticket window to gain free admission; parking not included. Valid only at the Safari Park in February 2020.

SAFETY LESSONS LEARNED FROM THE U.S. COAST GUARD *for* FEBRUARY



What I want to share with you this month, and the next, is that this year brings a special event for me. As **US Coast Guard** licensed captain, I need to renew my "100-ton Master Near Coastal captain's license". Unfortunately I have let my license expire, so I will take the classes and exams in March. I have spent most of January preparing for the applications as there is much involved, so I have asked the **Maritime Institute in San Diego** to guide me through the process.

The USCG requires an extensive security check, proof of citizenship, a physical exam, a drug test, 720 days of documented sea time (*90 in the last 3 years*) and recent CPR/First Aid completion. Thanks to my readers, and the members of **San Luis Rey Sail & Power Squadron**, I have been able to keep up with much of my knowledge while writing my monthly articles and by teaching our **Navigation** classes.

For our last month's challenge I started with an easy question, looking at a situation that is applicable to INLAND Rules of the Road. It required you to know the **Steering and Sailing Rules** of a "narrow channel" (Rule 9). Simply stated, this rule says that a vessel shall keep to the starboard side, and that the necessary sound signals are prescribed in Rule 34. So I asked:

which whistle signal should a power-driven vessel sound, intending to overtake another power-driven vessel in a narrow channel, and wishing to overtake on the other vessel's port side?

Rule 34 is the most questioned rule in my Coast Guard exam. Simply stated Rule 34 (c) INLAND can be boiled down to say, if you are overtaking: I intend to overtake you on your starboard side (one short blast) or your port side (two blasts). So the answer was B - two short blasts.

One more question: **do you know what the appropriate overtaken vessel's response would be?**

For this month's challenge let's look at a situation that may be a little more complex. Your power-driven vessel is **NOT** making way, but is not in any way disabled. Another power-driven vessel is approaching you on your starboard beam. Which statement is true?

- A) *The other vessel must give way since your vessel is stopped.*
- B) *Your vessel is the give-way vessel in a crossing situation.*
- C) *You should be showing the lights or shapes for a vessel not under command.*
- D) *You should be showing the lights or shapes for a vessel restricted in her ability to maneuver.*

So this question needs you to determine first whether this is this just a "crossing situation" or does this situation fall under the rule where "responsibilities between vessels" is regulated? **I'd like you to consider which USCG Rule this is, and which signals, lights or shapes are required.**

And one more thing to mention: our team will be starting the next course—**America's Boating Course** - February 5th. I will be teaching the "Rules" session in this course. Even if you have taken a boating class before, or you just want a discount on your insurance or get a **California Boater's Card**, I suggest you sign up for this popular course on our website to reserve a seat:

<https://americasboatingcluboceanside.org/>

or contact

Lt/C **Jan Follestad**, SN at

Follestad71@gmail.com

or 1/Lt **Janis Siems**, AP at

janis@kamtel.net

Be safe out there.

Lt/C Adriaan Veldhuisen, SN-ON

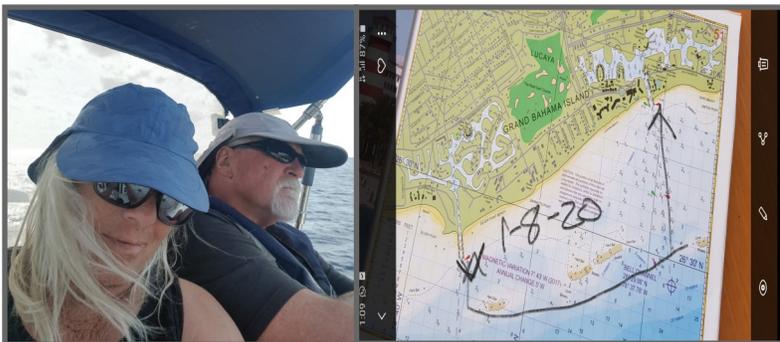
OUR HOME IN GRAND BAHAMA

Submitted by Pam Orisek

Our boat is a **Fontaine Pajot Orana 44** (2010) catamaran. Bought in Panama 2015. Our 66 year-old selves spend winters aboard. We communicate through **TMobile** with excellent coverage. (*GSM chip vip offshore*). For free text and data while at anchor we use a Bad Boy WiFi on the mast to pick up WiFi up to 3 miles. We do not have a SAT phone. This is a very busy boating area here so we have a **Furuno AIS** for sending and receiving. Most importantly it has a MOB switch which automatically positions the person in the water—essential for a 2-man crew. It is really easy to fall overboard from a catamaran.

A little about the AIS, it is important to switch off the SEND so as not to attract pirates. Switch it back on in busy traffic.

Writing this we have just arrived at **Grand Bahama**—our home port at **Grand Bahama Yacht Club** where we own a slip. This is located 60 miles from **Palm Beach, FL**. During hurricane season "*ISOLA*" is at **Bradford Marine** in **Freeport** tied down. She was unscathed during *Dorian* because the winds did not exceed 70mph at Bradford. Word is from a local friend here is that at least 3,000 died, mainly from drowning as east side "**High Rock**" 45 minutes from us was flattened. All animals at the humane shelter drowned as did most of the animals on the island. Our friend said that a man was holding his child and mother and had a piece of wood cut off his arm. They were never seen again. Another family had a shark swimming around them in their house. Many stories exist like this. Billions of dollars were donated but little made it to the islanders. All those good Samaritans taking their boats loaded with goods to help out were charged ridiculous duty and fees. An example is, a \$7 item costs \$50 here due to all the fees. One cannot mail items due to this. The aquifer is brackish right now and all water is non potable, abacos too. *Probably forever.*



Although there are free water stations. Obviously we cannot take on H₂O on our boat here. **But we**



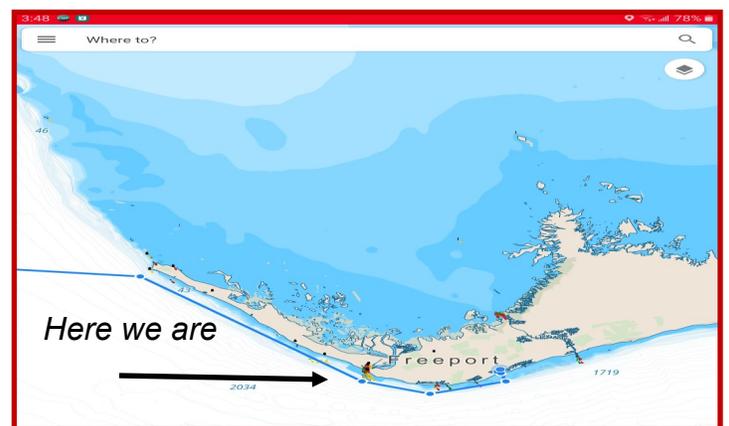
can leave, the islanders cannot.

They are the most resilient people who never complain and will help anyone in need. They are also very well educated. My friend's daughter (*1 of 6 children*) is on her way to a Masters in Chemistry at a university in the USA on a scholarship.

Right now there is a big wind of 35 knots. We will sail on Monday to Palm Beach for supplies and boat goods bringing some much needed items back here for the locals. There is almost nothing on island. Food is twice as expensive for locals too.

During the short run to our slip after splashing our **Furuno Navnet 3D GPS** navigation was broken, we probably experienced EMP during hurricane or lightning strike nearby—common occurrence I believe. Catamarans are 6 times more susceptible. And our impeller failed so had to idle that engine. I firmly believe one must have 2 engines when boating especially offshore—not only for safety but it allows one to cruise close to a lee shore safely which significantly shortens passages. And makes it so much more interesting visually.

Almighty Bruce Orisek has to constantly repair, re-engineer, modify, jury rig the electronics and mechanics. For instance since Navnet has broken he just downloaded another navigation software so that we can navigate off our tablets. Its free called **Embark** (Android). Result shown on below. (Samsung Android)



Visit www.AmericasBoatingClubOceanside.org to register on-line

Advanced Marine Navigation

DATES

Tuesdays, Mar 3, - May 5, 2020
Time: 7:00 - 9:00 PM

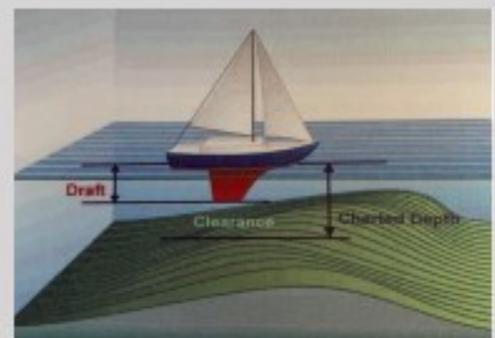
PLACE

Oceanside Yacht Club Classroom
1950 Harbor Drive N, Oceanside, CA 92054

COST

\$75.00 - Class is restricted to members who have taken and passed Marine Navigation

www.AmericasBoatingClubOceanside.org



Do you want to navigate unfamiliar waters in limited visibility or take an extended cruise with confidence? Suzy will teach you how to use radar, chart plotters, AIS and other electronic tools to supplement basic GPS navigation. Obtain a thorough understanding of piloting techniques in a variety of coastal tide, current and wind conditions.

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Suzy
Cooper



Adriaan
Veldhuisen

Instructors

“A ship in port is safe, but that is not what ships are built for. Sail out to sea and do new things.”

GRACE HOPPER

Email: info@AmericasBoatingClubOceanside.org | Call (760) 712-7161 or (760)-214-2400



**CHANGE
OF
WATCH
2020**



Justin's Culinary Corner

Teriyaki Salmon

A quick weeknight meal that is ready in under 20 minutes. This recipe will even please youngsters.

Be sure to make extra for lunch the following day. Pairs perfectly with jasmine rice and your favorite green veggies.



justin@saltpepperskillet.com

WEBSITE/READ MORE AND SEE PHOTOS:
[HTTPS://SALTPEPPERSKILLET.COM](https://saltpepperskillet.com)

Whether it is fish or chicken or veggie, the wonderful, slightly sweet, salty umami flavor of a well-made teriyaki satisfies the taste buds in so many ways. Some clumsy teriyakis overpower the flavor of the main ingredient. *But with succulent salmon — or any high-quality protein or veggie — you want a teriyaki that enhances and complements the flavor instead of masking it.*

This easy teriyaki salmon recipe doesn't marinate the fish ahead of time, because the wonderful salmon has its own flavor that you don't want to cover up. The sauce simply complements it and adds wonderful umami flavors.

The salmon itself can be pan-seared, grilled or baked. But crispy salmon skin is something to love. That's why I will usually go with the pan-seared method for cooking the fish for teriyaki salmon.

INGREDIENTS:

- **HIGH-QUALITY SALMON** – Wild Alaskan Coho was used in this post. Coho has a more mild flavor which is great for letting the teriyaki share the stage.
- **TAMARI** or Soy Sauce – Tamari is a Japanese soy sauce that is a little thicker, less salty and has a more balanced flavor than regular soy sauce. It's also gluten-free.
- **BROWN SUGAR** – Can substitute honey.
- **FINELY CHOPPED GARLIC** – While not traditional to Japanese cuisine, a little enhances the umami.

- **FRESH GRATED GINGER** – Adds that wonderful gingery flavor and a very subtle kick.
- **TOASTED SESAME OIL** – Adds a slight nuttiness to the sauce.
- **CORNSTARCH**
- **MIRIN** – A subtly sweet Japanese rice cooking wine. Adds a slight acidity to balance the sauce. Traditional *Hon mirin* is about 14% alcohol, and *shio mirin* or *hin mirin* has little or no alcohol.
- **GARNISH** with sliced green onions

INSTRUCTIONS:

There are two main steps to making teriyaki salmon. The first is to cook the salmon, which you can do in your favorite method. Either pan-seared or baked are a great way to go, but it can also be grilled. The other main step is to make the teriyaki sauce, which can be done while the salmon is cooking.

It's great to brush some of the teriyaki sauce onto the salmon during the cooking process. This creates a glaze around the salmon that helps the sauce stick to the outside.

1. *Lightly season the salmon with Kosher Salt and cook in a skillet or in the oven.*
2. *Make the teriyaki sauce by combining all of the sauce ingredients (except for the corn starch and mirin) in a small saucepan. Bring it to a boil over medium heat. Meanwhile, make the thickener by whisking the mirin and corn starch in a small bowl until smooth.*
3. *Add to the sauce and simmer over low heat for about 5 minutes, or until the sauce thickens. If you want to skip the thickener, you could just continue to cook the sauce down to thicken it.*
4. *Finish by spooning the teriyaki sauce over the salmon and serving hot.*

SALMON TERIYAKI can also be baked in the oven. Yes, it is wonderful this way too! While you don't usually get crispy skin in the oven, baking salmon does avoid the potential mess that cooking in a hot skillet can make.

Simply season and bake the salmon at 400° F until the internal temperature reaches 125° to 130° F for medium or 140° for well done, about 10 to 14 minutes (depending on the size of the filets).

You could even broil it for crispy skin, just be careful not to overcook.

Hello Fellow Squadron and
Future Squadron Members:

We are conducting a survey
about boat ownership.

Please help us out by answering
the following questions.

Answers may be emailed to
Richele Daciolas-Semon at

richeleds@gmail.com

Copy and paste. Please be sure
to include your name in the
response.

- *Do you own a boat?*
- *Your boat name?*
- *Power or Sail?*
- *Moored or docked in a harbor?*
- *Dock Number or Letter?*
- *Which harbor is your boat located?*
- *Trailer boat?*

Thank you in advance for your
help with our survey.

Richele

Commander's Corner *Continued from Page 2*

I thank the outgoing and incoming bridge members for offering their time and dedication to our squadron (club).

Coming up in February is the District 28 Change of Watch and Spring Conference. The San Diego Sail & Power Squadron is hosting this event at the Southwestern Yacht Club February 28-29.

The four squadrons will be in attendance and it's always great to socialize and learn from the other squadron representatives.

Our first All member & Guest Event for 2020 will be held at the **Oceanside Yacht Club Wednesday March 18 @ 1830**. Watch for more details. These potluck events are always a good time with good food and good friends. Make sure to plan to be there, invite a guest or two, and bring your favorite dish to share.

We all know how important education is for boating safety and our squadron is helping lead the way. Special thanks to P/D/C **Adriaan Veldhuisen** for all the time and work he (and Cheryl) put in to advance our education department. This could not have been done without the assistance of 1st/Lt **Janis Siems**. We get most of our new members as a result of our education department and it is a great testament to Adriaan, Janis and the wonderful volunteer instructors.

I would like to give my appreciation to all the members that volunteer their time behind the scenes. You might not see their names listed as officers or a department head, but they are the ones that help keep the squadron going. Look through the roster to see those that continue to get **Merit Marks** every year and thank them. We are a group of volunteers and every bit of help is appreciated.



UNITED STATES POWER SQUADRONS®

Come for the Boating Education...Stay for the FriendsSM

SAN LUIS REY SAIL & POWER SQUADRON : 2020—2021 BRIDGE



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Position Open

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Lt Cheryl Veldhuisen, AP

COMMANDER'S AIDE

Position Open

IMMED. PAST COMMANDER

P/C Suzy Cooper, AP

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1st/Lt Barbara Daciolas-Semon, S

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Position Open

CO-OPERATIVE CHARTING

Position Open

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NEED TO CONTACT SAN LUIS REY SAIL & POWER SQUADRON ?

Call or write: SLRSPS, 6554 Via Barona, Carlsbad, CA. 92009. USA.